Monday	Tuesday	Wednesday	Thursday	Friday
MOV	cember 20 V served by the FC	ADC	Meatloaf w/ LS Beef Gravy Fresh Mashed Potatoes Steamed Kale Fruit Cocktail Sugar Cookies Turkey Ham Sweet Potatoes Spinach Apricots	Baked Fish Wedge Tartar Sauce Brown Rice Brussels Sprouts Pineapple Tidbits Stuffed Shells Marinara Sauce Peas Tossed Salad w/Ranch Dressing Mandarin Oranges
Twice Baked Potato Broccoli Tossed Salad w/ French Dressing Dinner Roll Sliced Peaches Vegetable Lasagna Zucchini Italian Bread Fresh Orange	Lettuce/Tomato/Pickle/Ketchup Fresh Boiled Potatoes Succotash Grapefruit Sections Oatmeal Raisin Cookies Three Bean Turkey Chili over Brown Rice, Chuckwagon Corn Cornbread Pineapple Slices	Lettuce/Tomato/Mayonnaise Mandarin Oranges	Sloppy Joe on a Roll Fresh Mashed Potatoes Broccoli Fresh Orange Sugar Cookies Sliced Roast Turkey LS Turkey Gravy Bread Dressing Sliced Carrots Peanut Butter Cookies	WG Rotini Pasta Meatsauce Brussels Sprouts Canned Pears LS Minestrone Soup LS Crackers Tuna Salad Sandwich Lettuce/Tomato/Pickle Three Bean Salad Tropical Fruit Salad
Vegetarian Beans Coleslaw Mandarin Oranges Chicken Breast Fillet LS Chicken Gravy Mashed Potatoes Collard Greens Peaches	Brown Rice Broccoli Applesauce Oatmeal Raisin Cookies Whole Grain Rotini Pasta Meatballs and Marinara Sauce Italian Blend Vegetables Italian Bread Tropical Fruit	Turkey Ham Sweet Potatoes Cauliflower Apricots LS Split Pea Soup LS Crackers Egg Salad Sandwich Carrot and Raisin Salad Fresh Orange	Creamed Chicken over Biscuit Egg Noodles Chopped Spinach Fresh Pear Meatloaf LS Beef Gravy Mashed Potatoes California Blend Vegetables Chocolate Cake	Baked Fish Wedge Tartar Sauce Brown Rice Sliced Carrots Mandarin Oranges Hamburger on a Roll Tater Tots Kale Lettuce/Tomato
WG Rotini Pasta Collard Greens Diced Pears Pot Roast Fresh Mashed Potatoes LS Beef Gravy Steamed Carrots Pineapple	Chopped Broccoli Dinner Roll Mandarin Oranges Baked Chicken Breast Fillet Brown Rice Beans Dinner Roll Peaches Oatmeal Raisin Cookies	Brown Rice Cauliflower Applesauce LS Vegetable Soup LS Crackers Chicken Salad Sandwich Three Bean Salad Peach Crisp	Baked Chicken Tenders Fresh Mashed Potatoes Brussels Sprouts Sliced Apples LS Bologna and Cheese Sandwich Mustard Vegetarian Beans Tossed Salad w/Italian Dressing Fresh Orange	HOLIDAY
HOLIDAY Frederick County Mode on W	LS Turkey Gravy Fresh Mashed Potatoes Mixed Vegetables Orange Shredded Beef Barbeque on a Roll Potato Salad Coleslaw Applesauce	Ketchup Baked Beans Collard Greens Mandarin Oranges LS Vegetable Soup LS Crackers Chicken Salad Sandwich Carrot and Raisin Salad Tropical Fruit	Mashed Potatoes Green Beans Tangerine Sugar Cookies Salisbury Steak LS Beef Gravy Mashed Potatoes Lima Beans Apricots	Baked Fish Square Tartar Sauce Brown Rice Stewed Tomatoes Pineapple Tidbits Chicken Tetrazzini Kale Peaches Brownie

Frederick County Meals on Wheels – Menu subject to change. 1% Milk and Whole Grain Bread are served with all meals unless noted.